



GRANDPARENTS MAKING A DIFFERENCE

**A Newsletter for Grandparents Raising Grandchildren
and others Parenting again.**

Sept. 2010

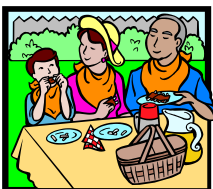
Meeting Information

Kay County Grandparents Raising Grandchildren Group

**Meets the 2nd Monday of the month
5:30 to 7:00 p.m.**

**First Christian Church, 5th and Cleveland,
Ponca City**

- Free snack supper for grandparents and grandchildren.
- Meetings with group sharing/discussion or speakers
- Activities for grandchildren provided
- Sponsored by Kay County Grandparent Steering Committee
- For more information, call (580) 762-9412



Fall Picnic—Just for Fun

On **Monday evening, October 4th at 5:30 p.m.** grandparents and grandchildren will again gather at Shelter House #3 at Lake Ponca Park for a no-cost picnic supper. The menu will be hamburgers and hot dogs and all the trimmings provided by the group sponsors. Games and prizes will follow the supper. Mark your calendar and come on out for an evening of good fun and fellowship in the great outdoors! All grandparents with regular care for their grandchildren and others in a re-parenting role are invited to attend—whether or not you have attended the regular monthly support group meetings.

Our September Meeting

Our next meeting will be on **Monday, September 13th at 5:30 p.m.** At this meeting the focus will be on our main purpose for being together—to provide support for one another in a confidential setting. Your group facilitators, Rocky and Joan, will again be giving you the green “Permission Slip” (green for “go” of course) and inviting you to share (if you want to) some of the thoughts and feelings you may have experienced recently in your re-parenting role. We look forward to seeing you, and appreciate your taking time out of your busy schedules to be a part of this group.



HAPPY GRANDPARENTS DAY SUNDAY, SEPTEMBER 12TH

Celebrate the difference you are making
in your grandchild’s life!!

Do you remember some months back when Rocky gave out “I Make a Difference” bracelets to the grandparents at our meeting? Please believe us when we say—your grandchild’s life is more than likely better because you “stepped up to the plate” and made that decision to assume care for him or her. You are special people. You do indeed make a difference!

Can You Name These Oklahoma Towns?

(Answers on page 2 or backside)

Example: These donuts are nice and light—just right for
D_____. Answer: DUNCAN

1. The river is swift here, but soon we will be in S_____.
2. He’s not in the rhythm section because he couldn’t beat the
D_____.
3. It was terrible when the thirsty camels reached the oasis and found
N_____.

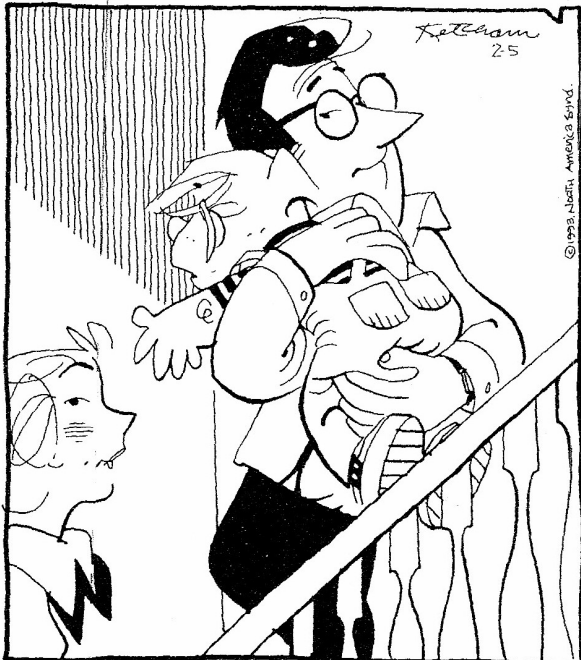
Getting to Know Your Group Facilitators

Joan

Hi! I was born in Hartford, Connecticut and my family moved to Chicago when I was just 3 years old. I attended schools in the Chicago area and lived there 21 years until I was married—except for the years when I was at the University of Michigan. I studied music education in college and taught music at the junior high level for several years before stopping to raise a family. I later returned to college and received a counseling degree from OSU and then worked at Edwin Fair Community Mental Health Center. My husband and I have two grown children—a son in South Carolina and a daughter, son-in-law, and a 6 year old grandson in Wichita. We've lived in Ponca City for 42 years.

Smile Space

Dennis the Menace



* WHY IS TOMORROW ALWAYS GETTING HERE BEFORE I'M THROUGH WITH TODAY? *

Looking Ahead →

September 17th—“Being a Grandfamily”—a one day conference for grandparents raising grandchildren and others re-parenting—held at New Covenant Christian Church, Oklahoma City. For more information, see Rocky or Joan

Monday, October 4th—picnic and games at Shelter House #3 at Lake Ponca Park

Monday, October 11th—our regular group meeting at 5:30 p.m. at First Christian Church

← Looking Back

At our July meeting we had Kirk Hollis, District School Therapist, as our speaker. His topic was “Getting Your Grandchildren off to a Good Start in the New School Year.” Kirk talked to us about some of the changes to be aware of for this school year, such as the larger class sizes. He stressed the importance of getting to know your grandchild’s teacher, and encouraged grandparents to attend Parent-Teacher Conferences on October 14th and 15th. (Mark your calendar!)

At our August meeting, we had Shelley Simon, Director of Family Services and Education for Hospice of North Central Oklahoma, as our speaker. Shelley’s topic was “Caregivers Taking Care of Themselves.” Shelley stressed that it is okay for caregivers to identify and do what they need to take care of themselves so they can be better caregivers for others. Although grandparents raising grandchildren have very limited time, she also mentioned some things that can be done in just 5 minutes to relax a little and reduce stress—such as do a relaxation exercise, listen to music, etc.

DID YOU KNOW?

Resource Information

A website to check out if you have access to a computer is: www.grandparents.com

Answers to OklahomaTowns (page 1)

- (1) Stillwater
- (2) Drumright
- (3) Nowata